

[www.kidsmeBaby.com](http://www.kidsmeBaby.com)



©kidsme All rights reserved.

March 2015 First Edition



Baby Feeding Expert

Your Baby's Feeding Journey

# Joyful eating with your little one



Book 1

Transitioning from liquid to solid food.



**Discover with me. Learn with me. Grow with me.**

Babies are born completely dependent on us to meet their needs for love, care, and nutrition. As they begin to discover the world, they gradually learn new skills that help them grow to be more and more independent.

The kidsme vision is to revolutionize the way we feed and interact with our children.

A wide variety of kidsme products is available to help your little one become an independent and adventurous eater! In addition to the award-winning food feeder, kidsme offers training spoons and forks, utensil sets, cups, bowls, food preparation tools, and more – all designed to support your family on your feeding journey.



This handbook was created to support you on your feeding journey with your child. Introducing solids to your little one is a very exciting milestone.

Thank you for including kidsme as your feeding partner.



# DISCOVER WITH ME

## How do I know when my baby is ready for solids?

Your baby should be able to:

- Sit up in a high chair with a tray.
- Keep food in his mouth without pushing it out with his tongue.
- Show interest in food and put toys in his mouth.



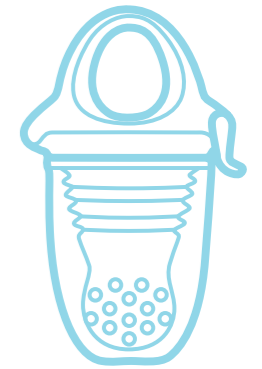
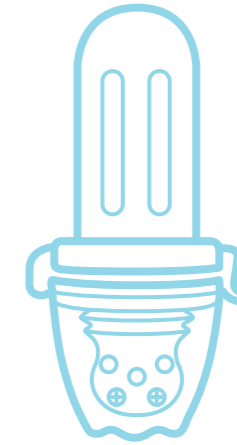
## Beginning the Solid Food Journey

The American Academy of Pediatrics recommends that babies start eating solid foods when they are around 6 months old. At this age, your baby can sit up, produce the enzymes needed to digest foods, and swallow them safely.

This is the time to let your baby discover the exciting world of new tastes! Start with a single food and stay with it for at least 3 days. Watch for stomach upset, diarrhea, or rashes. If the food seems to bother your baby, stop that

one and try another. Over time, offer a wide variety of foods at different temperatures and textures. This will help him learn to enjoy many different kinds of foods.

During the first year, many pediatricians suggest that you avoid feeding your baby honey, nuts, soy, or cow's milk. If you have any questions or worries about feeding your baby, be sure to consult your pediatrician.



## Building Healthy Eating Habits

Establishing a positive feeding environment sets up healthy eating habits for a lifetime. Keep mealtimes pleasant and social. Sit with your baby, talk quietly with him, and smile as he discovers food. As soon as possible, have him join family meals in his high chair, for he learns by watching you. When family members around him enjoy their mealtimes, your baby will grow to enjoy them too! Along the way he also learns about using utensils and about good table manners. What's more, mealtime is a perfect time for your baby to develop language skills. Talk about what you are eating and soon your baby will be asking for different foods by name.

Research shows that babies eat best when they are allowed to feed themselves without outside pressure. Following your baby's lead helps him feel safe and confident as he learns about eating. Let him set his own pace, and he will learn to eat when he's hungry and stop when he's full. Pressuring your baby to eat, on the other hand, may actually cause him to refuse to eat! Caregivers can help children grow to be happy, independent eaters by recognizing the importance of self-directed eating.





# Building Healthy Eating Habits

Children learn to eat what their parents eat. When adults choose healthy eating habits, their kids will develop them too. It can take years for children to eat a wide variety of foods. Be patient. Select foods that are appropriate for your child's stage of development and follow your doctor's advice. Choose all colors of fresh or frozen fruits, vegetables, herbs, and spices to try with your family.

Be sure to include a variety of healthy whole grains, such as oatmeal, wheat, millet, fiber, and quinoa. Add protein in your diet. Proteins are necessary building blocks of life and are required for production of enzymes, antibodies, growth, and body structure.

Type of Proteins Examples



## **Plant Proteins**

Beans, legumes, seeds and nuts



## **Animal Proteins**

Dairy products, wild-caught fish, pasture-raised poultry, eggs, beef, pork, and lamb

Avoid trans-fats, but adding beneficial oils to your family's diet is essential. These include butter, avocados, and oils from fish, olives, nuts, and coconut. Cooking with these oils is not only delicious, but necessary for brain growth and function and maintaining a healthy immune system.



When your children see you trying new and unfamiliar foods, they will become curious about exploring foods too. Have fun with your family and enjoy a variety of food colors, flavors, textures, and temperatures. Life is delicious!

# Why should I choose the kidsme food feeder?



The kidsme food feeder is a convenient and perfect way to introduce solid foods to your baby. It safely strains the food while he chews and sucks so he can taste the food and swallow it without choking. Your baby learns to coordinate his hands to feed himself and how to use his mouth to chew and swallow.

### Safe and Secure

Snap-lock closure is adult-friendly and kid-proof

### Superior Durability

High-quality, food grade silicone sac

### Prevent Drops

Easily attaches to clips and holders

### Perfect on-the-go

Cap keeps sac clean and also serves as a training cup

### Sore Gums Soothed

Textured sac eases teething pains

### Ergonomic Design

Easy for little hands to hold and use



He eats as fast or as slow as he chooses. You can offer fresh, healthy foods for him to enjoy. Even though he is a little baby, he is already learning how to feed himself with confidence and independence! The kidsme food feeder is designed to support your baby's growing skills, with different sac sizes available to match your baby's growing appetite.



## Patented Silicone Sacs Series



Provide a first taste of solid food + Start self-feeding liquid / semi-liquid food > Depends on the size of the baby's mouth > Increasing amount of solid food according to baby's growing appetite



## How do I start using the kidsme food feeder?

Using the kidsme food feeder is easy:

- Always place your baby in a high chair during meals. Sit across from him and face him.
- Choose a sac size that fits your baby's mouth and insert a soft, easy-to-chew food. Securely shut the snap-lock. Place the feeder on his tray. Let your baby direct the learning experience. Let him pick up the kidsme food feeder on his own and teach himself how to use it.
- Remain relaxed and smile while your baby explores the food. Eat some of the same food he is trying. You are sharing a meal together, and this encourages him to imitate you.
- For safety, always supervise your baby while he's eating. Keep him seated. Never let him walk around with food or a cup.



Depending on your baby's needs, you can easily vary the consistency of foods by adjusting chunk sizes, mashing, or pureeing. You can also thin or thicken the consistency by adding breastmilk/formula or whole grain baby cereal. Some foods may also be served frozen, cold, at room temperature, or warm.

## Example Starter Foods

### Bananas



These are available year-round and packed with vitamins and minerals. Use sweet, ripe bananas for best results.

### Pears



High in fiber, potassium, and vitamin C, this fruit is gentle on the tummy and can help to remedy constipation. Pears can be served both raw and cooked. Use ripe pears for the sweetest results.

### Sweet Potato



These vegetables are packed full of nutrients and very palatable to babies. Simply boil, steam, or bake the sweet potatoes. Can be served warm, at room temperature, or cold.

### Avocado



With high nutrient and “good fat” content, this creamy and smooth-textured fruit is perfect to introduce to your little one. It’s easy to prepare mashed or in small chunks. Can be served at room temperature or cold.

### Peas



These little protein-rich vegetables are filled with vitamins and minerals to support your babies growth. Simply steam or boil them until soft. Although the outer “skin” makes it difficult to create a smooth puree, the kidsme food feeder’s silicone sac safely strains them for your child.

### Winter Squash (Butternut or Acorn)



These tasty vegetables are high in calcium and vitamins. Not only are they a nutritious option, they are smooth and creamy in texture making them a perfect starter food. They make great purees and can easily be served in chunks.

#### PLEASE NOTE:

The information given here is meant as suggestions and does not replace professional medical advice. It is important to discuss the introduction of any new foods with your child’s doctor.

Once your baby is ready for some advanced textures and tastes, here are some sample starter combinations.

## Example Starter Combinations

### Bananacado



banana chunks

+



avocado chunks

### Peas’n Carrots



peas

+



carrot chunks

### Apple Pie



apple chunks

+



Cheerios

+



dash of cinnamon

### Potato Medley Mash-up



sweet potato chunks

+



yellow potato chunks

+



chives

### Winter Harvest Squash



acorn squash

+



butternut squash

+



dash of nutmeg

### Cheesy Beans



black beans

+



cheese

+



cilantro

serve warm

You can even try something right off your dinner table. Lean meats and vegetables with light seasoning also make great combinations!





# LEARN WITH ME

## **How do I help my baby advance beyond pureed foods?**

Babies start out on a liquid diet fed from a nipple. In time, they discover how to eat purees, and then gradually, as they learn to chew well, they explore chunkier foods. When you offer your baby a wide variety of textures and flavors, he will learn to eat and enjoy many kinds of foods.



As your baby becomes adept in eating a variety of single foods from the kidsme small sac, you can begin to use the large sac or Food Feeder Plus to suit his growing appetite. You may start combining some of the individual foods he is already eaten successfully from the food feeder. As his chewing gets stronger, you can put pieces of firmer food, such as apple chunks, in the sac rather than pureeing or mashing it.

Soon after introducing the kidsme food feeder, you should encourage your child to finger feed. This is an important part of your child's development, as it will help him learn grasping skills and will advance his chewing skills. At first, use the same foods your baby has eaten successfully from the food feeder. Put a small amount of soft, easy-to-chew

pieces of food directly on the tray along with a filled kidsme food feeder. Let him choose how he wants to eat. Crisp foods such as crackers or dry cereal pieces should be offered as well so he can learn to chew and bite foods.

Over time, you should introduce lumpy, chunky, chewy and crunchy foods, as they are necessary for the growth and development of his mature chewing skills. You can gradually advance his skills by incorporating foods with more complex textures, first in the food feeder and then with his fingers. You might try whole beans, small cubes of baked chicken, fresh vegetables, and even small chunks of lasagna. By the time your baby is one year old, he will have learned to independently eat many of the same easy-to-chew foods your family enjoys at mealtimes.

# GROW WITH ME

## When do I introduce a spoon and other utensils?

The kidsme food feeder is an eating tool, much like a spoon is an eating tool. The food feeder helps him learn how to bring a tool to his mouth – the same kind of eye-hand coordination needed for using a spoon. Once your baby is eating well with both the kidsme food feeder and his fingers, you can introduce a spoon to help him grow even more independent.



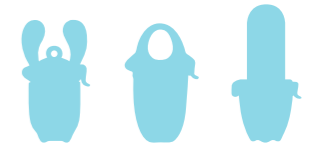
## Let kidsme be part of the eating adventure!

The kidsme food feeder is a perfect way to introduce your child to the many tasty and freshly prepared foods on your table. The food feeder helps your child learn to chew and swallow, setting the stage for independent eating with fingers and utensils. Take kidsme products along on your baby's feeding journey to foster his sense of curiosity, adventure, and independence. kidsme can support your family every step of the way!

At first, fill the spoon for him and put it on his tray alongside the kidsme food feeder and the finger foods. Let him pick up the spoon himself and discover how to use it on his own. He can choose to use the food feeder, his fingers, or the spoon to feed himself. He will eventually learn to scoop correctly with the spoon and, later, to poke foods with a fork. At this point he will be quite independent with his eating skills.

Even when your child is eating many things with his fingers and a spoon, the kidsme food feeder is still important for introducing new foods, or for those foods that are hard for babies to eat safely, such as grapes or chunks of meat. It is also handy to take along when your family is on the go.

Discover with me. Learn with me. Grow with me. **kidsme**





## Meet Patty Iammatteo, MS, OTR/L

Patty is an occupational therapist with over 25 years of experience working with young children. In her view, feeding problems occur when parents try to do the job of the child or when the child takes over the job of the adult.

The parent has three roles in the feeding process:

1. Offering food to the child every 2 1/2-3 hours
2. Seating the child in a high chair or booster seat and eating with him
3. Serving a wide variety of foods that do not always include the child's favorites

The child's role boils down to this: how much to eat and even whether to eat. These limits require a lot of courage for parents.

Parents who are worried about their child eating enough sometimes use pressure, such as pushing food into the child's mouth or trying to get them to take, "just one more bite." In response the child sometimes pushes back and may refuse to eat, and mealtime becomes unpleasant for everyone. Under such conditions, it is not unusual for the child to eat poorly at meals and then beg for preferred snacks when the meal is over.

One of the biggest problems in our current culture is the snack habit. Letting kids graze all day actually interferes with them eating well at mealtimes because they don't come to the table hungry.

Giving only water between meals allows your child to develop an appetite and he's much more likely to be interested in the foods you offer at mealtimes.

Patty feels that the key to healthy eating is self-directed eating at scheduled mealtimes. The beauty of the design of the kidsme food feeder means your baby gets to feed himself and eat at a pace that suits him. He eats until he is full and puts the feeder down. No part of the meal is forced. This is why she believes the kidsme food feeder is ideal for starting the solid food journey. The kidsme food feeder and other kidsme feeding products help your child grow to be a confident self-feeder who eats and enjoys many tasty foods from the table from the very beginning!

## Q & A

with Patty Iammatteo, MS, OTR/L Patty responds to some frequently asked questions.

### 1) How can I expect my baby's eating to change over the first year?

Infants need to eat on demand. As children are approaching one year of age, that begins to change. When she is about 7-8 months old, seat your baby in her high chair at the table at family mealtimes. She can sample some of the same tasty foods you eat by using the kidsme food feeder and her fingers, and eventually a spoon. She will watch you and learn how to eat, and she will be interested in your food. Breast milk or formula is still very important, but her intake of these will gradually decline as she learns to eat more solids and her appetite grows. You will add more and more texture to her foods so by the time she is about a year old, she will be eating a wide variety of soft, easy to chew foods from your table.



2)

**How can I help my baby learn to like a variety of foods?**

**My older child is so picky!**

When we do our part as parents by safely seating our children in a chair during meals and snacks (every 2 1/2-3 hours, when the child is about a year old) and offering them a variety of foods, children do their part by eating when hungry and stopping when full. A child should be allowed to choose how much to eat during a meal. She should feed herself. If she doesn't eat much, don't worry. She will probably make up for it in the next meal or two. Snacking between meals disrupts your child's appetite so that she won't be hungry or interested in trying new foods when she

comes to the table for a meal. Once children aren't relying so much on breast milk or formula, give just water between planned meals and snacks to encourage your child to be hungry and eat when he comes to the table.

If your child rejects a food, offer it another day. Many children need to see, smell, and touch a food over and over again before they will taste it. Stay positive and don't comment about her refusing a food. Kids watch us eat and they notice what we are eating too. Model healthy eating behavior and your kids will likely develop good

eating habits. Avoid the belief that there is special food for babies and different food for adults. If you want your child to eventually eat what you are eating, offer those foods from the very beginning.

When we follow these guidelines, children are much less likely to become picky and difficult, and more likely to eat what the rest of the family eats. Mealtimes are pleasant for everyone. Using the kidsme food feeder supports this goal beautifully!





Q & A

**3)**

**How often should I use the food feeder?**

When your baby is first starting out on solids, offer the same food once or twice a day in addition to nursing or bottle feeding. As your baby's interest and skills develop, you can offer food more often. When she's ready, your baby should be joining the family at the table and eating. She can use the kidsme food feeder and her fingers to eat some of the same soft, easy-to-chew foods everyone else is eating.

**4)**

**The food feeder looks like a pacifier. Should I be worried that my child will become dependent on it?**

Use the food feeder while your child is seated in a high chair. When your baby is finished eating, remove the food feeder and take your baby out of the high chair. The food feeder has holes in it, so it is unlikely your child will want to suck on it like a pacifier while it's empty.

**5)**

**What ages are best for using the kidsme food feeder?**

The kidsme food feeder is perfect for babies just learning to eat solids. Even as your baby becomes able to feed herself with her fingers and a spoon, the feeder is still great for introducing new foods and for food that is harder for babies to chew. Your child can use the food feeder until she is able to easily feed herself with her fingers, a spoon, and a fork.

**6)**

**What are some good foods to offer my baby who is just starting out with the kidsme food feeder?**

Fresh, nutrient-rich foods such as mashed ripe banana, cooked mashed sweet potato, mashed avocado, soft pear, and even juicy pureed chicken are good first choices. If the food seems dry, or if your baby has difficulty getting it out of the feeder, mash the food with a little water, breast milk, or formula to moisten it. Then it will pass more easily through the feeder's holes. You can try frozen foods, too. They may be thawed, heated, or offered frozen. Stay with each new food for three days before introducing the next one.



Q & A

**7)  
My baby sometimes gags on solid foods.  
I'm worried she might choke! What should I do?**

Using the kidsme food feeder is a very safe way to offer solids and the risk of choking is very small. Gagging is a normal part of learning to eat. It is nothing to worry about. It is nature's way of keeping your baby from choking, and it isn't unusual for new eaters to gag. Stay calm and supervise your baby. If she is not breathing, she is choking, not gagging, and may require first aid. It is recommended that all parents get trained in infant and child CPR from their health care provider.

**8)  
My baby just doesn't seem interested in  
eating solid foods. What should I do?**

Wait a week or two. Your baby might not be ready yet and may just need a little time to develop. Follow your baby's lead. Try offering a different food. It's normal for babies to want to put things in their mouth. If you continue to offer food and your baby continues to show no interest or ability to put things in her mouth, talk to your doctor.

**9)  
How can I help my baby get some relief  
during teething?**

Coldness soothes sore gums. Try putting small ice cubes, frozen fruit or veggies in the kidsme food feeder. The textured sac also eases teething pains.

**10)  
My baby loves eating and gobbles the food  
from the feeder so fast! What can I do?**

**She gets upset when I take the feeder  
from her to refill it.**

Use a larger sac. Having more than one food feeder is a great help. While your baby is eating from one feeder, you can fill the other and offer to trade with her.